#### **Mental Fitness**

To achieve your full potential for well-being and success



Most of us know the importance of physical fitness as a contributor to good health. But do you ever stop to think about the importance of being mentally fit?

# Mental Fitness is the key contributor to mental well-being and success. It is vital for everybody.

First and foremost, mental fitness is about boosting your sense of well-being and nips stress, burnout, and mental health problems in the bud. It is also the foundation to perform at your best and have strong relationships.

# **How to Grow your Mental Fitness**

Mental Fitness is your capacity to respond to life's challenges with a positive rather than a negative mindset. When you strengthen the part of your brain that serves you and quiet the part that sabotages you, you handle life's challenges with a more positive mindset, less stress, and greater resilience.

### **Strengthen the Three Core Mental Muscles:**



#### **Saboteurs Interceptor**

Develop greater mastery over your own mind, quiet the negative, and activate the positive region of your brain.



#### **Self-Command Muscle**

Daily neuroscience based exercises that enable you to run your brain, rather than allow your Saboteur hijacked brain to run you.



### Sage Muscle

Learn the Sage Perspective and active Sage Powers to reframe failure, unleash creativity, and build resilience.

#### **Boost Performance**

- Mental Fatigue
- Resilience
- Adaptability
- Focus

#### Improve Wellbeing

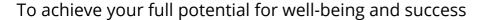
- Stress Management
- Self-Confidence
- Burn-out Prevention
- Emotional Intelligence

#### Relationships

- Conflict Management
- Diversity & Inclusion
- Talent Retention
- Collaboration
- Leadership

Strengthen your mental fitness for greater wellness, productivity and resilience.

#### **Mental Fitness**





# **Grow your organizations Positive Intelligence**

We help create high-functioning teams with maximum performance and well-being by building everyone's Positive Intelligence through Mental Fitness.

## Start with a workshop that engages, sparks insights and action

Support yourself and your team to perform at their best by offering a Mental Fitness workshop.

During this interactive and engaging session, participants will learn:

- The ten ways we self-sabotage and which ones affect you the most.
- How to strengthen the three core mental muscles so you can handle any challenge with a positive mind, maximal effectiveness, and minimal stress.
- A 10-second neuroscience-based technique that helps you go from feeling stressed or overwhelmed to calm, clear-headed, and laser-focused in action.
- The impact of an individual's sabotaging thought patterns on the team and how to break them to generate trust, accountability and engagement.

# **Elevate Your Organization's EQ**

### **Encourage your people to participate in the Mental Fitness Program**

Utilize a research-based, app-supported Mental Fitness program to support your employees in building powerful habits for a positive mind.

### A new way of operating

Designed as a mental fitness Bootcamp, the PQ Program gives your team members the insights, motivation, and structure to practice 15 minutes daily for 6 weeks to install a new way of operating in the world!

The program combines weekly video sessions with daily app-guided practices to boost participants' 3 core mental fitness muscles.

Get in touch to learn more!

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